

Infant Formula

Brand, type, and size specified on check. No substitutions.



Infant Food

Checks requiring the purchase of BeechNut brand only end December 31, 2012.

FRUITS & VEGETABLES

Any Brand - 4 oz. container



Includes single ingredient or combination of fruits and/or vegetables (e.g., apple-banana, sweet potato-apple).

Not included:

- Mixtures with cereal, desserts, dinners, or food combinations (e.g., meat and vegetables, rice, pasta, yogurt, or noodles)
- Meat sticks, organic, added sugar, starch, salt, or DHA

MEATS

Any Brand - 2.5 oz. container

(Meat only, may include broth or gravy)



Available items:

- Turkey and Broth
- Chicken and Broth
- Beef and Broth
- Ham and Broth

Infant Cereal

ANY GRAIN OR MULTIGRAIN

Any Brand - 8 oz. box



Not included: Canned, formula, fruit, organic or variety packs, DHA.

Milk

FLUID MILK

White only, type and size specified on check.

- Whole or Vitamin D
- Reduced-fat (2%), low-fat (1/2 or 1%), or fat-free (skim)

SPECIALTY MILK As listed on check.

- Evaporated: 12 oz.
- Lactose-free: quart or 1/2 gallon*
- Sweet acidophilus: 1/2 gallon
- UHT
- Powder: 9.6 oz. or 25.6 oz.
- 8th Continent Soymilk Original only, 1/2 gallon

* Two one-quart cartons may be substituted for 1/2 gallon to obtain the maximum amount on the check.

Not included: Flavored, imitation, organic, non-dairy, buttermilk, Milnot, or Vitamite.

Cheese

U.S. MADE, PREPACKAGED

8 oz. to 16 oz.

Choose regular, light, low-fat, or fat-free; block, sliced, shredded, bagged, cubed, string, stick, or crumbles.

Any of the following flavors or combinations of flavors:

- American - pasteurized processed
- Cheddar
- Colby
- Colby-Jack
- Monterey Jack
- Mozzarella
- Provolone
- Swiss

Not included: From the deli area, random weight (non-uniform sizes typically labeled in decimals, e.g., .62 lb.), cheese food, product, substitute or spread, imitation, spiced, flavored, organic, imported, or any size smaller than 8 oz.

Eggs

ANY SIZE, WHITE OR BROWN

1 dozen

Not included: Low cholesterol, organic, Eggland's Best or other specialty eggs, cage free, or free range.

Fruits and Vegetables

Fruit and Vegetable Cash Value Vouchers are redeemable up to the amount stated on the voucher (\$6.00, \$10.00, or \$15.00). If the purchase price exceeds the stated value, participant may pay the additional amount with another form of tender or choose to purchase a lesser quantity. No cash back or gift cards are allowed.

FROZEN

Any variety of frozen fruits without added sugar.

Any variety of frozen vegetables except white potatoes.

Not included: Packages with added sugar, oils or fats, herbs or spices; creams, sauces, or breading.

FRESH WHOLE OR CUT

(Includes plain bagged)

Not included: Red, Yukon Gold, Russet and other kinds of white potatoes (orange yams and sweet potatoes are allowed); pickled vegetables; olives; herbs or spices; nuts; salad bar items; edible blossoms; ornamental or decorative pumpkins; or party trays with dip, dressing, or croutons.

Peanut Butter

REGULAR OR CRUNCHY

18 oz. jars only

Not included: Spread, organic, mixed with jelly, marshmallow, or honey.

Juice

Size is specified on check.

100% juice (fruit or vegetable) and at least 120% Vitamin C

SHELF STABLE OR REFRIGERATED

64 oz. only. Any container. **For children only.**



Juicy Juice
Any flavor



Old Orchard
Any 100% Juice - except Premium



Welch's
Grape - purple, red or white **only**



V8
Regular or low sodium vegetable juice only



Campbell's
Regular or low sodium tomato juice only



Grapefruit Juice
Any brand



Orange Juice
Any brand



Apple Juice
Hy-Top, Indian Summer, Lucky Leaf, Musselman's or Seneca

Not included: Beverages, cocktail juices, fruit drinks, juice drinks, or organic juices.

FROZEN CONCENTRATE

11.5 oz. - 12 oz. **For women only.**



Seneca
Apple juice



Seneca
Grape juice



Kroger
Apple juice



Dole
Any flavor



Orange Juice
Any brand



Grapefruit Juice
Any brand



Welch's
Any flavor with yellow tab



Old Orchard
Any flavor with green tab

NON-FROZEN CONCENTRATE

11.5 oz. - 12 oz. **For women only.**



Welch's
Any flavor



Juicy Juice
Any flavor

Whole Grains

BREAD

16 oz. only. Whole wheat or whole grain loaf.



Aunt Millie's

- Cranberry-Apple Swirl
- Raisin Swirl
- Whole Grain White



Bunny

100% Whole Wheat



Healthy Life

- 100% Whole Wheat
- 100% Whole Grain Wheat Sugar Free



Pepperidge Farm

- Stoneground 100% Whole Wheat
- Very Thin Soft 100% Whole Wheat



Roman Meal

100% Whole Wheat



Sara Lee

Classic 100% Whole Wheat



Wonder

Soft 100% Whole Wheat



Nature's Own

100% Whole Wheat Sugar Free



Best Choice

100% Whole Wheat



Schnuck's

100% Whole Wheat

Not included: Buns, rolls, bagels, or bakery.

BROWN RICE

Up to 16 oz.

Any brand, plain, boxes or bags, instant, quick, or regular.



TORTILLAS

16 oz.



Chi-Chi's
Whole Wheat or Corn



La Banderita
Whole Wheat or Corn



Mission
Whole Wheat or Corn



Best Choice
Whole Wheat or Corn



Don Pancho
Whole Wheat or Corn



La Burrita
Corn



Ortega
Whole Wheat

Cereal

COLD CEREAL

10 oz. or larger, any combination not to exceed 36 oz.



Regular only

Regular only



Malt-O-Meal Brand

Almonds

Honey Roasted

Cinnamon Bunches

2-1/2 minute



Malt-O-Meal Brand

No fruit, maple, vanilla or organic

1, 2-1/2, 10 minute



Unfrosted



Brown Sugar



Cinnamon



Original, no fruit



Regular only



Regular only



Instant, original flavor only



Original only

Fish

PACKED IN WATER, OIL, OR VEGETABLE BROTH

Up to 30 oz., can or foil pouch, any size

- Light Tuna, Pink Salmon or Sardines (flavored sardines allowed)

Not included: Fresh or frozen, flavored tuna or salmon, yellow fin or albacore tuna, or organic.

Beans, Peas & Lentils

DRY

1 lb. bag

CANNED

Any combination not to exceed 64 oz.

- Fat Free Refried
- Kidney (may have a small amount of sugar)
- Garbanzo (Chick Peas)
- Navy
- Great Northern
- Black

Not included: Boxed, baked beans, wax beans, organic, soups, added sugars, fats, oils, or meats.

WAYS TO BUY 36 OZ OF CEREAL



QUESTIONS?

Just call your local Indiana WIC clinic or call **800-522-0874**.



Indiana State Department of Health

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